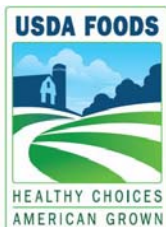


USDA Foods Product Information Sheet

For Child Nutrition Programs



100388—Lentils, Dry

Category: **Legume Vegetable/Meat Alternate**



PRODUCT DESCRIPTION

This item is grade U.S. No. 1 dry lentils in a case with twelve 2-pound bags.

CREDITING/YIELD

- One case of dry lentils provides about 355 ½-cup servings of cooked lentils.
- CN Crediting: ½ cup cooked lentils credits as ½ cup legume vegetable OR 2 oz equivalent meat/meat alternate.

CULINARY TIPS AND RECIPES

- Lentils are a protein-rich food that can be used as a meat replacement in many entrees.
- Lentils can be used in soups, curries, or cooked with other vegetables such as carrots and onions for a nutritious side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (99 g) lentils, cooked, boiled, without salt

Amount Per Serving

Calories 115

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 2mg

Total Carbohydrate 20g

Dietary Fiber 8g

Sugars 2g

Protein 9g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.